

Positive Alternatives 2015-16 Quarterly Update

Grantee: Young Women's Christian Association of Duluth

Contact: Melissa Hellerud-Storie

Contact Information: (218) 624-5451 x 20; melissa@ywcaduluth.org

Goal: Provide necessary services to pregnant & parenting women in Duluth & surrounding areas.

For the period: April 01, 2016-June 30, 2016

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Hire and train program staff; Complete grant reporting forms; attend required grant meetings.		This quarter we continued to provide on-going training and support for PA program staff. Staff participated in an annual car seat safety training in addition to on-going SUID and AHT training. Staff also participated in Child Abuse Prevention training (2 day) in addition to bi-annual All Staff Training that focused on Race, inclusivity, and trauma informed care.	
Outreach	Maintain waiting list and provide any needed assistance or advocacy to women on the list; provide community education, maintain visibility, and collaborate with service providers.		The program case manager maintains an on-going wait list. In addition to receiving referrals from CoC homeless providers. Case manager maintains monthly contact with women on list. All wait list women are invited to participate in programming and have access to necessary services. Staff present about program in community and collaborate with outside organizations.	
Car Seat Program	Provide women with car seat education; provide car seats for women.	5	Three program participants & 3 staff received 1 one hour 'car seat education' sessions this quarter through St. Louis County and the Duluth Fire Department. Two car seats were provided to program participant.	6 2 CS
Case Management Services	Provide participants with ILSP (Independent Living Skills Plan); review and update on quarterly basis; provide	7	Seven program participants received 140 sessions of case management services. All participants work with Case Manager on creating/updating ILSP set goals and update plans. Case Manager provides transportation assistance to women on wait list in addition to resource referrals and provides women with	140

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
	transportation for medical and advocacy appts; maintain wait list; following up monthly with wait list women.		necessary services intake assessment. Case manager maintains on-going monthly contact with women on wait list and those that have been referred to outside community resources.	
Child Care	Provide assistance with securing safe and affordable childcare; provide childcare assistance in specified circumstances.	4	Worked with 11 program participants on enrolling and/or maintaining secure place in childcare program. Also worked with participants on completing CCAP application and advocacy with county assistance systems.	22
Crib Distribution/ Sleep Safety Education	Provide pack and plays; Provide participants with sleep safety education.	5	Three participants received 2 separate sessions of SUID/sleep safety education this quarter (3 participants X 2 sessions = 6). Two participants received pack and plays this quarter.	6 2 P & P
Education Assistance	Provide daily tutoring services; provide education planning assistance; assistance with grant/scholarship applications, FAFSA, college visits & tours.	5	Five participants received weekly education and tutoring services this quarter to assist . (5 participants X 13 weekly sessions = 78) In addition, staff with summer school course work.	65
Employment Assistance	Provide assistance with resume building, job searching, mock interviews; referrals to community employment services.	5	Five program participants receive on-going employment advocacy and referral services. Our program continues to work closely with YES Duluth employment services, all 5 participants have been placed in jobs in the West Duluth area. (meet bi-monthly) (7sessions X 5 participants= 35)	35
Financial Assistance	Provide advocacy & assistance completing mainstream benefits applications (MFIP, SNAP, etc); provide financial assistance obtaining basic need items.	5	Assisted seven residents with initial applications and on-going paperwork for mainstream benefits. In addition to assistance paperwork, program provided personal care items to several program participants and women on wait-list.	30

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Housing Assistance	Provide assistance securing safe and affordable housing; Provide residential housing and maintain 7 apartments.	5	Continue to maintain 7 efficiency apartments in secure building. Provide on-going maintenance, income based rent, and supportive services for 8 women this quarter. Assisted new residents with affordable housing applications and worked to transition women into independent living. All received 'Renters Rights & Responsibilities' programming.	24
Life-Skills Education Program	Provide minimum of 2 weekly life skill groups; provide a life skill learning environment and mentoring opportunities. All participants create ILSP (Independent Living Skills Plan) and quarterly updates. All residents complete Ansell-Casey Life Skills Assessment.	5	Eight women participate in 2 weekly life skill and parenting groups each week. Groups focus on communication, stress reduction, budgeting, cooking, organization, healthy relationships, and etc. In addition to Life Skills groups, all residents work with case manager to complete Ansell-Casey Life Skills Assessment; programming is based on results of residents scores.	208
Material Support	Provide basic needs such as food, diapers, baby, and maternity needs; provide assistance in obtaining basic needs from other resources.	5	Material support (formula, groceries, diapers, wipes, tampons, etc) were provided to participants when needed. In addition to providing basic need items, women were provided with resource referrals to move from crisis to stability.	25
Mental Health	Provide referrals for mental health assessments; provide assistance with any mental health treatment recommendations.	3	Two participants attend group therapy with on-site LICSW bi-weekly. One of the women obtained diagnostic assessment and is working closely with clinician to address her mental health needs. Case manager supports participants by providing childcare and transportation, when necessary.	12
Nutrition	Provide nutrition education; provide access to fresh produce through garden project; and provide food when needed.	5	Eight participants received bi-monthly nutrition education through UM-Extension office this quarter. Groups continue to focus on healthy meal planning, food safety, cooking, and budgeting. In addition to nutrition programming, local restaurant has provided monthly cooking classes to all residents.	72

Transportation	Provide transportation to appts; provide bus passes and assist with drivers license exam.	5	Women were provided transportation to appointments, assistance navigating public transportation, practice driving and car insurance education and assistance obtaining.	686
Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Parenting Education	Provide parenting education classes; Circle of Security Clinical based intervention programming. One on one parenting support, assistance in enrolling children in Early Childhood Education Program, Head Start, and ECCE.	5	Nine program participants attended groups facilitated by PAVSA (Program to Aid Victims of Sexual Assault) that addressed violence against women, healthy relationships, trafficking prevention and trauma--women were given skills to recognize if they or their children were being victimized. Women also participated in Head Start Family Nights, ECCE home visiting program, and Sleep Safety/Suid, child abuse prevention, and AHT programming.	695
Pregnancy Education	Provide assistance with birth planning, referrals and support with birthing classes and finding a Doula. Provide pregnancy prevention in addition to prenatal health and wellness education.	2 or 3	Have provided 4 participants with referrals to pre-natal programs focusing on pre-natal health and positive pregnancy outcomes. Worked with 3 participants to create 'Birth Plans' for the delivery of their infants.	52
Provide Necessary Services Assessments	Staff provides clients only intake assessments, information on, referral to, and assistance with securing necessary services.	5	Case Manager and Program Director provided Necessary Services Assessments to 14 women this quarter, provided 14 with referrals to outside resources. Ten women were placed on the residential program wait list. In addition, several were provided with basic need items for themselves and infant.	38

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	2
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	3
<i>Number of women who received child abuse prevention education from PA funded program activity</i>	9
<i>Number of women who received abusive head trauma (shaken baby) education from a PA funded program activity</i>	9

<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded activity</i>	<i>2</i>
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	<i>2</i>

Challenges:

Comments:

